

What is claimed is:

1. An aromatase activating agent containing, as an active ingredient, a plant selected from among mulberry bark, ginseng, cucumber, and phellodendron bark; or chlorella; or an extract of any of these ingredients.

2. Use of a plant selected from among mulberry bark, ginseng, cucumber, and phellodendron bark; or chlorella; or an extract of any of these ingredients in production of an aromatase activating agent.

3. A method for prevention, amelioration, or treatment of lesions caused by estrogen deficiency, characterized by comprising administering an effective amount of a plant selected from among mulberry bark, ginseng, cucumber, and phellodendron bark; or chlorella; or an extract of any of these ingredients.